

Welcome to the United States

Whether you are returning home or just visiting, we hope you enjoy your time in the United States. We know that you just came from a country with an Ebola outbreak and that this can cause worry and fear. We want to make sure that you know what to do now. We also want to make sure you know what to do to protect your health and the health of those who are close to you.

This is the **Check and Report Ebola** (or, CARE) Kit. The kit has information about Ebola. It also contains tools to help you do daily health checks for the next 21 days. Your daily health check will include a temperature check and a symptom check.

You will find these 6 items in your CARE Kit:

1	<p>Digital thermometer</p> <p><i>A thermometer is in your kit so that you can take your temperature every morning and every night for 21 days.</i></p>
2	<p>Directions for your digital thermometer</p> <p>(Title: Take your Temperature Two Times a day, Morning and Night)</p> <p><i>Explains how to:</i></p> <ul style="list-style-type: none"> • <i>take your temperature using the thermometer in your kit, and</i> • <i>record your thermometer reading</i>
3	<p>Ebola CARE Kit Health Advisory</p> <p><i>The health advisory is a quick tool to remind you to check your temperature and do health checks 2 times each day for 21 days. This tool also reminds you who to call if you have symptoms.</i></p>
4	<p>Symptom Card and Symptom Log</p> <p><i>The Symptom Card shows the signs and symptoms of Ebola.</i></p> <p><i>The Symptom Log asks you to do a health check each day. Then, write down the date, your temperature, and any symptoms you may have. You should do this health check 2 times a day, for 21 days after your arrival into the United States.</i></p>
5	<p>A Check and Report Ebola (CARE) Card</p> <p><i>The CARE Card is a simple reminder to do a health check each day and who to call if you have symptoms. If you call the state health department or a doctor, tell them you have a CARE card. Keep this card with you for 21 days after your arrival in the United States</i></p>
6	<p>List of State Health Department Telephone Numbers</p> <p><i>This is a list of telephone numbers for state health departments across the United States. The list is given so you may contact the state health department in the state you are in to report any symptoms.</i></p>

Once 21 days have passed, if you have no symptoms or fever, you are no longer at risk of Ebola.

We hope you find this kit useful. Please use it to keep yourself safe and help others around you to stay safe too. Together, we can protect everyone from Ebola.